FROM THE MAGAZINE RACK #112 3-4873 DECEMBER 22, 1976
STRICKLAND/FRANCUCH

THE IMPERILED GIANTS (NATIONAL GEOGRAPHIC)
"CALL ME A DANCER" (NEW YORK TIMES MAGAZINE)
CAN SARDINES KEEP YOU YOUNG? (EBONY)

ANNCR: HERE IS ---------- WITH FROM THE MAGAZINE RACK -- SUMMARIES OF ARTICLES ON TIMELY TOPICS FROM AMERICAN MAGAZINES. TODAY, A PERSONAL LOOK AT WHALES AND WHALING, FROM THE NATIONAL GEOGRAPHIC MAGAZINE; A BRIEF GLIMPSE OF THE TALENTED BLACK MODERN DANCER JUDITH JAMISON, FROM THE NEW YORK TIMES MAGAZINE; AND NEWS OF A DIET THAT MAY HELP TO KEEP YOU YOUNG, FROM EBONY.

THE IMPERILED GIANTS (NATIONAL GEOGRAPHIC)
(STRICKLAND 3-4873)

REPORTER: FOR CENTURIES, MEN HAVE HUNTED AND KILLED THE GREAT WHALES FOR THEIR MEAT, BLUBBER, BONE, AND OIL. THEY ONCE PURSUED THE MARINE MAMMALS FROM SMALL BOATS, AND SPEARED THEM WITH HAND-HELD HARPOONS; THEN AS TECHNOLOGY PROGRESSED, THEY USED LARGER BOATS AND MORE EFFICIENT METHODS OF PURSUING AND KILLING THE LEVIATHANS. TODAY, THE CONTEST BETWEEN WHALE AND MAN IS HEAVILY WEIGHTED IN FAVOR OF HUMANKIND. BUT, THERE IS ALSO GREAT CONCERN ABOUT THE CONTINUED HUNTING OF WHALES AROUND THE WORLD AND THE POSSIBILITY THAT SOME SPECIES MAY ALREADY BE ON THEIR WAY TO EXTINCTION. WILLIAM GRAVES EXAMINES THE WHALING QUESTION IN A RECENT ARTICLE FOR THE NATIONAL GEOGRAPHIC MAGAZINE. HE BEGINS BY DESCRIBING AN EXTRAORDINARY ENCOUNTER HE ONCE HAD WITH HUMPBACK WHALES OFF THE COAST OF MAUI, ONE OF THE HAWAIIAN ISLANDS:

VOICE: "THROUGH THE TWILIGHT SEA THEY COME, GLIDING WITH INFINITE GRACE, A VAST AND GENTLE PRESENCE IN THE WATERS. TEN FEET (THREE METERS) BELOW THE SURFACE I WATCH AS THE IMMENSE SHAPES -- SIX FULL-GROWN HUMPBACK WHALES -- TURN AND SWIM DIRECTLY TOWARD ME. THEY ARE AWESOME, EACH WEIGHING FORTY TONS (36 METRIC TONS) AND MEASURING 45 FEET (14 METERS)IN LENGTH, YET SOMEHOW I FEEL NO FEAR. AS THEY GLIDE CLOSER, I GLANCE AT MY PARTNER, JIM HUDNALL, AND RECALL HIS ADVICE BEFORE THE DIVE. 'IT'S UNUSUAL TO SEE HUMPBACKS UNDERWATER,' HE SAID, 'BUT WE MIGHT JUST BE LUCKY. IF WE CATCH SIGHT OF SOME, STAY PUT AND LET THEM MAKE THE MOVES; THEY'VE LEARNED TO BE WARY OF PEOPLE.'"

REPORTER: MISTER GRAVES REMEMBERED HIS FRIEND'S ADVICE AND REMAINED AS STILL AS POSSIBLE. HE WRITES THAT THE WHALES MUST HAVE DECIDED THEY WERE ALL RIGHT, FOR THEY PASSED SO CLOSE TO THE TWO DIVERS THAT GRAVES COULD SEE THE INDIVIDUAL GROOVES ON THE BARNACLES CLINGING TO THEIR SURFACE. ONLY MINUTES AFTERWARDS, SINCE THEY WERE USING SNORKELS RATHER THAN SCUBA EQUIPMENT, THE TWO MEN WERE FORCED TO SURFACE FOR AIR. AFTER A QUICK BREATH, THEY DUCKED BENEATH THE WAVES AGAIN -- AND FOUND A "RECEPTION COMMITTEE" WAITING. GRAVES WRITES:

VOICE: "AS I ARCH FROM THE SURFACE, I DISCOVER A HUMPBACK POISED AND MOTIONLESS TWENTY FEET (SIX METERS) BELOW ME. THE INSTANT I START DOWN, THE MASSIVE FLUKES LIFT SMOOTHLY UPWARD AND A SURGE OF RISING WATER POPS ME LIKE A CORK TO THE SURFACE. TWICE MORE I BURROW DOWN AND TWICE MORE RECEIVE THE ELEVATOR TREATMENT. JUST AS I DESPAIR OF EVER GETTING

VOICE: (CONT'D) BACK UNDERWATER, I FEEL A FAINT DOWNWARD SUCTION AND REALIZE THAT I AM BEING HELPED ON MY WAY.

"NOTHING, I REFLECT AS I SLIP BELOW THE SURFACE, WILL EVER PERSUADE ME THAT WHALES HAVE NO SENSE OF HUMOR."

REPORTER: GRAVES RECOUNTS THAT DURING THE NEXT HALF HOUR, HE AND HIS COMPANION JIM HUDNALL WERE "TREATED TO DISPLAYS OF UNDERWATER ACROBATICS, FEATS OF BUBBLE BLOWING, OCCASIONAL LOBTAILING -- THE SLAPPING OF FLUKES AGAINST THE SURFACE OF THE WATER -- AND WHAT SEEM(ED) TO BE SHEER EXUBERANCE OF LIFE." THEN, HE WRITES, "AS ABRUPTLY AS THEY HAD APPEARED, THE HUMPBACKS SEEM(ED) TO TIRE OF HUMAN COMPANY AND GLIDE(D) OFF INTO THE VIOLET DEPTHS." GRAVES WRITES THAT HE HAS "SPENT COUNTLESS OTHER DAYS AMONG WHALES SINCE THEN, YET NONE WITH A GREATER SENSE OF JOY AND WONDER." HE NOTES THAT VERY LITTLE IS ACTUALLY KNOWN ABOUT WHERE, AND HOW, THE VARIOUS SPECIES OF GREAT WHALES LIVE ... EVEN THOUGH SCIENTISTS LIKE HIS FRIEND JIM HUDNALL HAVE SPENT A GREAT DEAL OF TIME STUDYING AND RECORDING THEIR BEHAVIOR. THE QUESTION IS WHETHER THERE WILL BE ANY LARGE WHALES LEFT TO STUDY IF WORLD-WIDE WHALING CONTINUES AT ITS PRESENT PACE. ACCORDING TO GRAVES, SOME SPECIES ARE MORE THREATENED THAN OTHERS:

OPT

VOICE: "SINCE 1966 THE BLUE WHALE AND HUMPBACK HAVE BEEN COMPLETELY PROTECTED FROM HUNTING, JOINING THE RIGHT, THE GRAY, AND THE BOWHEAD. THE FIN (WHALE) IS PROTECTED IN THE ENTIRE SOUTHERN HEMISPHERE AND THE NORTH PACIFIC; ONLY A FEW HUNDRED ARE TAKEN IN THE NORTH ATLANTIC. SMALLER,

VOICE: (CONT'D) NONCOMMERCIAL WHALES SUCH AS THE NARWHAL AND THE PILOT ARE HUNTED LARGELY FOR SUBSISTENCE. BUT EACH YEAR THOUSANDS OF FOUR OTHER SPECIES OF WHALES -- SEI, BRYDE'S, SPERM, AND MINKE -- ARE KILLED BY COMMERCIAL WHALERS. NO ONE KNOWS HOW LONG IT TAKES TO REPLACE THE LOSSES. AND ALTHOUGH INTERNATIONAL AGREEMENT PLACES LIMITS BY GEOGRAPHICAL AREA ON THE TOTAL NUMBER OF WHALES TO BE TAKEN EACH YEAR -- CURRENTLY THE NUMBER IS 27,939 -- THE AGREEMENT IS VOLUNTARY. MOREOVER, IT APPLIES ONLY TO THE SIGNATORY COUNTRIES, LEAVING HALF A DOZEN OTHERS TO HUNT WHALES INDISCRIMINATELY."

REPORTER: IT IS IRONIC, WRITES GRAVES, THAT THE UNITED STATES -- THE WORLD'S FOREMOST WHALING NATION DURING THE NINETEENTH CENTURY -- IS NOW AT THE FOREFRONT OF THE MOVEMENT TO STOP THE KILLING OF WHALES. GRAVES QUOTES DAVID HILL, A SPOKESMAN FOR NEW YORK CITY'S RARE ANIMAL RELIEF EFFORT, AS SAYING, "NOBODY KNOWS HOW MUCH PUNISHMENT THE WHALES CAN TAKE. IT'S LARGELY GUESSWORK, AND GOD HELP US IF WE'RE WRONG. ONE OF THE TRAGIC WILDLIFE LOSSES WAS THE DISAPPEARANCE OF THE GREAT AUK (A VERY LARGE BIRD) IN THE MID-19TH CENTURY. LET'S HOPE THAT NEVER HAPPENS TO THE WHALE."

GRAVES ALSO TALKED TO PEOPLE WHOSE LIVELIHOOD DEPENDS ON KILLING WHALES. FIRST HE VISITED LUKE KOONOOK, AN ALASKAN ESKIMO WHO, ALONG WITH HIS FELLOW VILLAGERS, IS EXEMPTED FROM AN AMERICAN LAW CALLED THE MARINE MAMMAL PROTECTION ACT OF 1972, WHICH MAKES IT A CRIME FOR ANY AMERICAN CITIZEN TO DISTURB OR KILL MARINE MAMMALS ANYWHERE IN THE WORLD, REGARDLESS OF LOCAL LAW. THE KOONOOK FAMILY -- LUKE, HIS WIFE, AND HIS THREE TEENAGE SONS -- LIVE MOST OF THE YEAR

OPT

REPORTER: (CONT'D) IN A FRAME HOUSE ON SHORE, BUT DURING THE HUNTING SEASON MOST OF THE VILLAGERS MOVE TO TENTS PITCHED AMID THE PACK ICE ON THE ARCTIC OCEAN. LUKE AND THE OTHER MEN GO WHALING EACH DAY IN A 21-FOOT (SIX METER) UMIAK, OR TRADITIONAL SEALSKIN BOAT. THEY USE HAND-THROWN HARPOONS TO SPEAR THE WHALES; SINCE THESE WEAPONS CAN ONLY BE USED AT CLOSE RANGE, WHALING, ESKIMO-STYLE, DEMANDS GREAT SKILL AND DARING. WHEN A WHALE IS KILLED, IT IS TOWED TO SHORE, CUT UP AND DISTRIBUTED AMONG THE VILLAGERS. THEN A SOLEMN CEREMONY IS HELD AS ITS SPIRIT ISRETURNED TO THE SEA.

OPT

AFTER OBSERVING TRADITIONAL WHALING BY THE ALASKAN ESKIMOS, MISTER GRAVES TRAVELED TO JAPAN TO VISIT ONE OF THE SHIPS IN A MODERN WHALING FLEET. (JAPAN AND THE SOVIET UNION TOGETHER ACCOUNT FOR 85 PER CENT OF ALL THE WHALES KILLED EACH YEAR.) GRAVES TALKED WITH KIMIO WATANABE, A VETERAN HARPOONER WITH MORE THAN 25 YEARS OF EXPERIENCE, WHO TOOK HIM ABOARD THE GIANT FACTORY SHIP KYOKUYO MARU 3. HERE'S HOW GRAVES DESCRIBES TO HIS VISIT TO THE SEA-GOING PACKING PLANT:

VOICE: "WE BEGAN WITH THE CAVERNOUS SLIPWAY AT THE STERN, WHERE HARPOONED WHALES ARE DELIVERED BY THE CATCHER BOATS AND THEN WINCHED UP TO THE FLENSING DECK AMIDSHIPS. THERE THE WHALES ARE CUT UP AND THE VARIOUS PARTS DISTRIBUTED: MEAT TO THE FREEZING LOCKERS; BLUBBER AND INTERNAL FAT TO THE HUGE STEAM COOKERS; BONE TO THE POWER SAWS AND LATER TO THE COOKERS FOR EXTRACTION OF THE OIL. A 60-TON (54 METRIC TON) WHALE CAN BE COMPLETELY DISPATCHED IN LESS THAN AN HOUR."

REPORTER: MISTER GRAVES NOTES THAT "MISTER WATANABE WAS AWARE OF AMERICAN OPPOSITION TO COMMERCIAL WHALING AND OF THE SPREADING U.S. BOYCOTT OF JAPANESE GOODS UNTIL THAT COUNTRY RETIRES ITS WHALING FLEETS." BUT JAPAN HAS ITS OWN REASONS FOR CONTINUING TO HUNT THE GIANT MAMMALS:

VOICE: "'JAPAN'S SITUATION IS UNIQUE,' MISTER WATANBE EXPLAINED. 'WE ARE THE ONLY COUNTRY THAT CONSUMES SIZABLE QUANTITIES OF WHALE MEAT -- IT IS EVEN PART OF OUR SCHOOL-LUNCH PROGRAM FOR CHILDREN. WE HAVE NO LARGE DOMESTIC SUPPLY OF PROTEIN SUCH AS YOUR AMERICAN BEEF CATTLE, FOR WE SIMPLY CANNOT SPARE THE LAND TO RAISE THEM. WE DEPEND FOR PROTEIN ON WHAT WE HARVEST FROM THE SEA, AND FOR CENTURIES THAT HAS INCLUDED WHALES.'"

REPORTER: THE DIFFERENCE BETWEEN TRADITIONAL AND MODERN WHALING, MISTER GRAVES WRITES, IS THAT MODERN TECHNOLOGY HAS "REMOVED EVERY CONCEIVABLE ADVANTAGE ON THE PART OF THE WHALE." SPOTTER AIRPLANES LOCATE SCHOOLS OF WHALES AND INFORM THE CATCHER BOATS BY RADIO AS TO THEIR WHEREABOUTS. IF THE WHALE DIVES AT THE APPROACH OF A CATCHER BOAT, IT CAN BE TRACKED BY SONAR UNTIL IT SURFACES FOR AIR. FROM THEN ON IT IS ONLY A MATTER OF TIME UNTIL THE WHALE IS EXHAUSTED BY THE CHASE AND CAN BE HARPOONED AT POINT-BLANK RANGE.

OPT

THERE IS CONSIDERABLE DISAGREEMENT BETWEEN WHALING AND NON-WHALING NATIONS, AND EVEN AMONG CONSERVATIONISTS, ON THE QUESTION OF WHETHER THE CURRENT LIMITS ON WHALING ARE SUFFICIENT TO ENSURE THAT NO SPECIES WILL DISAPPEAR ENTIRELY.

REPORTER: GRAVES QUOTES DOCTOR JAMES MEAD OF THE SMITHSONIAN INSTITUTION AS SAYING THAT IF A BLANKET MORATORIUM WERE DECLARED ON ALL WHALING, THE MORE NUMEROUS SPECIES SUCH AS THE FIN AND SEI WHALES MIGHT CROWD OUT RARER WHALES SUCH AS THE BLUES. BUT IN GENERAL, SCIENTISTS ARE SORRY TO SEE WHALES KILLED BECAUSE THERE IS STILL SO MUCH TO BE LEARNED ABOUT THEM. IT IS WIDELY CONCEDED THAT THEY ARE AMONG THE MOST INTELLIGENT CREATURES ON EARTH; SOME SCIENTISTS EVEN HOPE THAT MAN MAY BE ABLE TO COMMUNICATE WITH WHALES SOME DAY. AND MISTER GRAVES CONCLUDES:

VOICE: "MY MIND WENT BACK TO A DAY MANY MONTHS BEFORE, TO THE SWIM WITH JIM HUDNALL AND THE HUMBACKS OFF MAUI. I SMILED AT THE RECOLLECTION OF THE WHALE THAT HAD TEASED ME FOR A WHILE, KEEPING ME ON THE SURFACE AND THE FINALLY HELPING ME UNDER A FLICK OF ITS GIANT TAIL. IT OCCURED TO ME THAT IN A SENSE WHALES HAVE BEEN TALKING TO US FOR CENTURIES.

"IT'S TIME WE PAID ATTENTION."

##

"CALL ME A DANCER" (NEW YORK TIMES MAGAZINE)
(STRICKLAND 3-4873)

REPORTER: JUDITH JAMISON IS AN ANOMALY IN AMERICAN DANCE. IN A FIELD IN WHICH THE FEMALE STARS ARE USUALLY SMALL, PALE AND RATHER DELICATE IN APPEARANCE, SHE IS NEARLY SIX FEET (1.8 METERS) TALL, BLACK, AND MANAGES TO COMBINE GRACEFULNESS WITH BOTH PHYSICAL AND EMOTIONAL POWER. HERE'S HOW DEBORAH JOWITT, WRITING IN THE NEW YORK TIMES MAGAZINE, DESCRIBES ONE OF JAMISON'S ENTRANCES AS SHE PERFORMS WITH THE ALVIN AILEY MODERN DANCE COMPANY:

VOICE: "MIDWAY THROUGH ALVIN AILEY'S 'REVELATIONS,' SHE SKIMS ONTO THE STAGE, FACE ABLAZE, WEARING A LONG WHITE RUFFLED DRESS, HOLDING UP AN IMMENSE WHITE PARASOL AS IF IT WERE A BATTLE FLAG. IT ISN'T EVEN A STARRING PART, BUT HER VIVIDNESS, HER POWER, CAUSE THE AUDIENCE TO ROAR WITH PLEASURE. NEXT MORNING'S REVIEWS ARE LIABLE TO SPEAK OF THE 'DANCE GENIUS OF JUDITH JAMISON.'"

REPORTER: JAMISON, WRITES JOWITT, HAS WORKED WITH THE ALVIN AILEY DANCE THEATRE FOR ELEVEN YEARS. THEORETICALLY, THE COMPANY HAS NO STAR; BUT AUDIENCES AND CRITICS, ACCORDING TO JOWITT, KNOW BETTER. SHE TRIES TO EXPLAIN THE LONG-LIMBED BLACK DANCER'S IRRESISTIBLE APPEAL:

VOICE: (FEMALE) "JAMISON STANDS OUT FOR THE SUBTLETY WITH WHICH SHE SHAPES DANCE MOVEMENT, FOR THE INTENSITY AND LAVISHNESS OF HER PERFORMING. SHE GIVES THE IMPRESSION OF TOTAL COMMITMENT -- THAT NOT ONE JOT OF HER CONSIDERABLE EMOTIONAL, INTELLECTUAL, OR PHYSICAL POWER IS BEING WITHHELD FROM ANY MOMENT OF DANCING.

OPT

"CRITIC MARCIA SIEGEL ONCE NOTED THAT JAMISON CAN DO 'DUMB-BROAD COMEDY OR AN INDECENTLY BEAUTIFUL ARABESQUE' WITH EQUAL EASE. NOT ALL DANCERS ARE VERSATILE; MANY AREN'T REQUIRED TO BE. THEY PERFECT AN IMAGE OF THEMSELVES AS DANCERS AND CONTINUE TO DISPLAY THAT IMAGE WITH ONLY SLIGHT MODULATIONS. GIVEN THE CHANCE, JAMISON CAN COMPLETELY CHANGE THE WAY SHE LOOKS AND MOVES. THE WOMAN WHO DANCED WITH MIKHAIL BARISHNIKOV IN AILEY'S RECENT PIECE D'OCCASION, "PAS DE DUKE" -- A WOMAN POWERFUL, CHALLENGING AND VERY ELEGANT IN A BLACK

VOICE: (FEMALE) (CONT'D)

OPT

SATIN PANTSUIT -- IS INDEED THE SAME WOMAN WHO BUSTLES ON STAGE FOR THE LAST SCENE IN 'REVELATIONS,' WEARING A LONG, DOWDY DRESS AND FLOPPY SUNDAY-GO-TO-MEETING HAT. THERE ARE SUCH KNOWING QUIRKS IN THE WAY SHE SETTLES HERSELF ON HER STOOL, OR WAGS A REBUKING FINGER AT HER PARTNER, OR DRAWS HER MOUTH DOWN, OR STOMPS ALL UNGAINLY INTO THE FINAL DANCE -- YOU CAN ALMOST IMAGINE THAT SOMEONE'S SPRY, NOT-TO-BE-TRIFLED-WITH AUNT HAD SOMEHOW WANDERED IN AMONG ALL THESE DANCERS AND WAS HAVING THE TIME OF HER LIFE."

REPORTER: JAMISON GREW UP IN FAIRLY MODEST CIRCUMSTANCES, DEBORAH JOWITT RELATES, BUT THE WHOLE FAMILY WAS MUSICAL, AND JUDITH'S MOTHER SENT HER TO MARION CUYJET'S JUDIMAR SCHOOL OF DANCE TO STUDY BALLET, TAP AND SO-CALLED "PRIMITIVE" DANCING. ACCORDING TO JOWITT, "JUDY EXPLORED THEM ALL." HER TEACHER SAW TO IT THAT SHE ALSO TOOK PART IN THE CLASS OF EVERY WELL-KNOWN DANCER WHO VISITED HER NATIVE PHILADELPHIA. AFTER SECONDARY SCHOOL, JAMISON STUDIED AT THE PHILADELPHIA DANCE ACADEMY, THEN SIGNED UP FOR A CLASS TAUGHT BY THE LEGENDARY AGNES DE MILLE. DE MILLE REMEMBERS HER AS THE MOST ATTENTIVE STUDENT IN THE CLASS -- AND SO GIFTED THAT EVENTUALLY THE OTHER CLASS BECAME, IN DEMILLE'S WORDS, "A PRIVATE LESSON ... WITH ENCUMBRACES." SHORTLY AFTERWARD, THE FAMOUS TEACHER INVITED JAMISON TO PERFORM IN THE AMERICAN BALLET THEATRE PRODUCTION OF "THE FOUR MARYS" -- AND HER CAREER AS A DANCER WAS LAUNCHED. NOT LONG AFTERWARD, JAMISON WAS INVITED TO JOIN THE ALVIN AILEY COMPANY, WHERE SHE HAS BEEN EVER SINCE. AUTHOR JOWITT NOTES

OPT

REPORTER: (CONT'D) THAT SOME CRITICS BELIEVE JUDITH HAS OUTGROWN THE COMPANY; HOWEVER, SHE WRITES:

VOICE: (FEMALE) "IN MANY WAYS, JAMISON NEEDS THE COMPANY AS MUCH AS THE COMPANY NEEDS HER. STILL, LIKE ANY DANCER, SHE'S HUNGRY FOR CHALLENGE. AILEY IS GOOD ABOUT LETTING HER ACCEPT ENGAGEMENTS OUTSIDE THE COMPANY, AND SHE'S BEGINNING TO DO MORE OF THAT.

JAMISON SAYS, REVEALINGLY, THAT SOMEHOW SHE NEVER THINKS OF HERSELF AS A 'CAREER WOMAN.' 'ONLY WHEN IT COMES TO PAYING THE RENT AND THE PHONE BILL, DO I LOOK ON THIS AS A JOB. TO ME A CAREER WOMAN IS A BUSINESS EXECUTIVE OR A BOARD PRESIDENT. OH, I'M SURE THEY'RE HAVING FUN TOO, BUT THEIR WORK IS MORE CUT-THROAT THAN MINE.'"

REPORTER: ALTHOUGH JUDITH JAMISON IS AWARE OF HER GROWING FAME, SHE HAS NEVER ALLOWED IT TO TURN HER HEAD. JOWITT QUOTES HER AS SAYING, "DON'T CALL ME A STAR. CALL ME A DANCER. THAT'S HOW I STARTED, AND THAT'S ALL I'M TRYING TO DO." THOSE WHO ENJOY WATCHING HER LOOSE-LIMBED GRACE NEVERTHELESS SEE HER AS ONE OF THE MOST EXTRAORDINARY PERSONALITIES IN MODERN DANCE TODAY -- AND HOPE THAT SHE WILL CONTINUE TO DELIGHT AUDIENCES FOR A LONG TIME TO COME.

##

CAN SARDINES KEEP YOU YOUNG? (EBONY)
(FRANCUCH 3-4873)

REPORTER: SINCE PREHISTORIC TIMES, HUMANS HAVE BEEN CONCERNED ABOUT THE VARIOUS EFFECTS DIETS HAVE HAD ON THEIR HEALTH. THE FIRST CONCERN WAS TO ELIMINATE FROM DIETS THOSE FOODS WHICH

REPORTER: PROVED TO BE FATALLY POISONOUS, OR GENERALLY SICKENING. BUT TODAY'S DIETICIANS CONCENTRATE PRIMARILY ON HOW FOODS CONTRIBUTE TO GENERAL HEALTH AND PHYSICAL WELL-BEING.

THEN, THERE ARE THOSE DIETICIANS CONCERNED WITH THE EFFECTS FOOD MAY HAVE ON THE AGING PROCESS. FOR THE PAST FIFTEEN YEARS, THAT'S BEEN THE PRIMARY INTEREST OF NEW YORK CITY PHYSICIAN DOCTOR BENJAMIN FRANK. SHAWN LEWIS WRITES IN EBONY MAGAZINE ABOUT DR. FRANK'S EFFORTS TO DO AWAY WITH WRINKLED SKIN AND LACK OF ENERGY BY ENCOURAGING HIS PATIENTS TO EAT CANNED FISH, SUCH AS SARDINES:

VOICE: "THE MAGIC POTION IN THESE FOODS ARE NUTRIENTS CALLED NUCLEIC ACIDS. OUR BODY CELLS BEGIN AGING AT BIRTH. DR. FRANK'S THEORY IS THAT OLD AGE RESULTS FROM DECAY OF CELLS AND A SLOWDOWN IN CELL DIVISION. NUCLEIC ACIDS PROVIDE THE ENERGY AND MATERIALS NEEDED FOR THE REPAIR OF THE DECAY. THIS IS WHY WE PRESCRIBE A NUCLEIC ACID-RICH DIET.

"ALTHOUGH HE SUBSTANTIATES HIS CLAIMS WITH ONLY A FEW EXAMPLES OF HIS PATIENTS WHO HAVE TRIED THE DIET, HE SAYS THAT OVER THE PAST 15 YEARS, THE ACTUAL NUMBER OF PATIENTS WHO HAVE TRIED HIS DIET NUMBERS IN THE HUNDREDS. TO ACHIEVE THE MOST BENEFICIAL RESULTS, DR. FRANK GIVES HIS PATIENTS NUCLEIC ACID EXTRACTS IN ADDITION TO THE DIET. THESE EXTRACTS SHOULD ONLY BE ADMINISTERED UNDER A PHYSICIAN'S SUPERVISION."

REPORTER: DR. FRANK'S PROGRAM IS OUTLINED IN A BOOK HE WROTE ENTITLED "THE NON-AGING DIET." HE RECOMMENDS EATING SMALL SARDINES, SALMON OR NON-VERTEBRATE SEAFOODS SUCH AS SHRIMP, LOBSTER, CLAMS OR SQUID. PERSONS WITH HEART CONDITIONS, HOWEVER,

OPT

REPORTER: (CONT'D) ARE ADVISED TO AVOID THESE NON-VERTEBRATE SEAFOODS BECAUSE OF THEIR HIGH CHOLESTEROL LEVELS. THE DIET ALSO INCLUDES CERTAIN VEGETABLES, MILK, FRUIT JUICE AND AT LEAST FOUR GLASSES OF WATER EVERY DAY, AND CALVES LIVER, BEETS AND BEANS AT LEAST ONCE A WEEK.

FOR SOME PEOPLE, THE DIET MAY WORK. FOR OTHERS, IT HAS NO EFFECT AT ALL ... WHICH LEADS SOME TO BELIEVE THAT THERE'S SOMETHING "FISHY" ABOUT DR. FRANK'S FOUNTAIN OF YOUTH. LEWIS WRITES:

VOICE: "SEVERAL PHYSICIANS AND NUTRITIONISTS HAVE EXPRESSED DOUBTS THAT EATING CERTAIN FOODS WILL SLOW DOWN THE AGING PROCESS. 'IF YOU REALLY WANT TO REMAIN YOUTHFUL PAST YOUR PRIME, YOU SHOULD PICK OUT YOUR OWN GRANDPARENTS,' SAYS DR. EDWARD HIGH, PROFESSOR AND CHAIRMAN OF THE BIOCHEMISTRY AND NUTRITION DEPARTMENT AT MEHARRY MEDICAL COLLEGE IN NASHVILLE. 'GENETIC FACTORS PLAY A LARGE PART IN THE AGING PROCESS AND IF YOUR GRANDMOTHER HAD LOVELY SMOOTH SKIN IN HER 70S, THEN THERE'S A CHANCE THAT YOU MIGHT HAVE PICKED UP THOSE GENES.' HE ADDS THAT ENVIRONMENTAL FACTORS, SUCH AS THE AMOUNT OF EXPOSURE TO SUNLIGHT, HEALTH CARE, SKIN CARE AND CHILDHOOD EATING HABITS ARE ALL INVOLVED TO SOME EXTENT IN HOW WE APPEAR IN LATER YEARS."

REPORTER: OPT ONE NUTRITION CONSULTANT NOTES THAT DR. FRANK'S DIET INCLUDES A DAILY SUPPLEMENTAL VITAMIN TABLET BECAUSE THE OVERALL DIET LACKS ENOUGH VARIETY OF VITAMIN AND MINERAL-RICH FOODS.

REPORTER: (CONT'D) ALMOST EVERYBODY KNOWS SOME OLDER PERSON WHO LOOKS MUCH YOUNGER THAN OTHER PEOPLE HIS AGE. THAT'S DUE PARTIALLY TO GENETICS, ENVIRONMENTAL FACTORS AND LIFESTYLE. BUT PART OF IT IS ALSO DUE TO DIET AND PERHAPS TO THE NUCLEIC ACID-RICH SEAFOOD WHICH IS A STAPLE IN CULTURES THROUGHOUT THE WORLD. IT'S SOMETHING TO THINK ABOUT, CONCLUDES SHAWN LEWIS IN EBONY MAGAZINE:

VOICE: "TOMORROW MORNING WHEN YOU FACE THAT REFLECTION IN THE MIRROR, YOU MIGHT DECIDE TO STOP CURSING IT AND ACCEPT THE FACT THAT YOU CANNOT TRADE IN YOUR GENES FOR NEWER MODELS. NEITHER CAN YOU ALTER ENVIRONMENTAL CONDITIONS, LIKE EXCESSIVE HEAT, WHICH WREAK HAVOC ON OUR BODIES. BUT YOU CAN ADD SOME NEW FOODS TO YOUR MENUS, EVEN SARDINES, AND, WHO KNOWS, THAT ZINGY FEELING YOU HAD WHEN YOU WERE YOUNG JUST MIGHT FIND ITS WAY BACK HOME AGAIN."

ANNCR: YOU HAVE BEEN LISTENING TO FROM THE MAGAZINE RACK, SUMMARIES OF ARTICLES ON TIMELY TOPICS FROM AMERICAN MAGAZINES. YOU HEARD TODAY: A PERSONAL VIEW OF WHALES AND WHALING, FROM THE NATIONAL GEOGRAPHIC; A PORTRAIT OF JUDITH JAMISON, FROM THE NEW YORK TIMES MAGAZINE; AND NEWS OF A DIET THAT MAY HELP TO KEEP YOU YOUNG, FROM EBONY. JOIN US AGAIN (NEXT WEEK AT THIS TIME) FOR MORE SELECTIONS FROM THE MAGAZINE RACK.

-0-